



September 2023

NEWSLETTER



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BIRTHDAYS

Ian B	06/09
Ray L	08/09
Tony H	13/09
Peter Ha	18/09
Des H	23/09
Brian S	26/09
Rod L	28/09

CALENDAR - September

Wednesday 13th 6.30 Shedder & partners tea at Wild Ginger Thai Cuisine 17 Commercial St West
 Thursday 14th 10.30 Members Meeting
 Tuesday 26th 10.30 Committee Meeting
 Thursday 28th BBQ lunch

If you would like to contribute information or an article to your newsletter, talk to Editor David N or email mgmensshed@gmail.com

HAPPY FATHERS DAY to all the Dads.

Why don't they have Fathers Day sales?
 Because Fathers are PRICELESS!

8. Claw Hammer



A claw hammer is the most common woodworking tools in any workshop. It will be one of the must have woodworking tools in your list if you are a serious DIY guy or enthusiastic woodworker. The claw hammer like a normal hammer, has a T-shaped structure with a small change. Where a normal hammer has two rounded edges, the claw hammer has one rounded edge and a claw edge. Typically, the head of such a hammer is made of forged steel. It remains attached to a strong handle to deliver a good grip while working with it. Based on its construction form it is of various types.

Uses of Claw Hammer

The claw hammer is used in woodworking to remove nails from wood pieces. The claw of the hammer is very useful for this purpose. By inserting the claw under the nail head, the hammer is used to pull the nail out forming a lever. It makes the task a lot easier.



Who can pick the right method?

30 years OF SHEDS

September 3 - September 9

Men's Shed Week is an annual event that aims to raise community awareness, knowledge and interest in Men's Sheds around the country. Since the first community shed for men opened its doors in 1993, in Goolwa SA, the Men's Shed community has grown to encompass more than 2,500 Sheds in 12 countries. Today 1,297 Men's, Women's and Community Sheds benefit from membership of the Australian Men's Shed Association. A figure that surpasses even the number of McDonald's restaurants around the country.

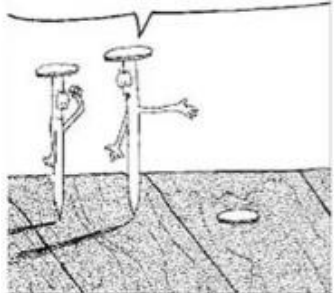
A friend of mine is like lightning when hammering nails into his fence. He never strikes the same place twice!



Our Mens Shed gives a big thank you to Matthew of CLEANEASY for the professional cleaning done on our ablution block, free of charge.

Keep Matthew in mind for a range of cleaning services -0418 838 523

... AND THEN I HEARD A LOUD BANG AND WHEN I TURNED BACK HE WAS GONE.



"I missed my thumb this time" said Straty



Continance & Prostrate Cancer speakers - a really enlightening session by Julie and Tracy from Community Health about how our plumbing systems work normally, what can go wrong and how it can be improved or fixed. Pelvic floor muscle training will help with incontinance issues and bowel control.

Symptoms of prostrate cancer –

- Frequent or sudden need to urinate
- Finding it difficult to urinate
- Discomfort when urinating
- Finding blood in urine
- Pain in the lower back, upper thighs or hips

If concerned, see your doctor for a PSA blood test. At the age of 40, only 4 men in 1000 will be diagnosed with prostate cancer in the next 10 years. At age 70, that number goes up to 86 men in 1000.

Dick P



Kevin hand carving a hammer handle



"Just aim the hammer at the steel Russell" said Kevin

Woodworking minus patience equals firewood.

PROFILE



Phil Richards was a primary teacher for 47 years and retired in 2012. He taught at Reidy Park for 17 years and was head of O.B. Flat and Tarpeen schools. His wife is Lucy and they have two sons. Phil is an honorary member of the Lakes Rotary Club and a member of Mt Gambier Probus. Phil is a keen angler and enjoys the outdoors. He volunteers with Lifeline and Lakes Conservation Park. He admits he is a “crap handyman but can paint, sand etc.”



Ron admiring his mirror framing work

Law of the shed: Any tool, when dropped, will roll to the least accessible corner.



Jeff linemarking with Grant waiting for a turn



Laurie on the wood lathe



Don levelling a board on the heavy duty router

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it also tells me why I wanted to go there.

RECIPE

Sweet & Sour Chicken

700g chicken breast strips
1 cup pineapple juice
½ cup brown sugar
1/3 cup soy sauce
option – add potatoes etc

Brown chicken if required.
Combine all ingredients in slow cooker on low for 6-8 hours.
Thicken with cornflour if required. Serve on rice.

Supplied by a shedder

Editors note – made recipe, added frozen veg to rice, very tasty



Ian and Rob figuring out a wiring loom



Ray, Jim & Dick admiring their table top masterpiece

I tried to come up with a carpentry pun that woodwork...
I think I nailed it but nobody saw it.

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Big supporters of Mount Gambier Mens Shed
**SUPPORT OUR LOCAL BUSINESSES
THAT SUPPORT YOU**

People who wonder whether the
glass is half empty or half full are
missing the point.

The glass is refillable.